



— SELF REFLECTION —

Snapshot



Fill out this planning sheet to quickly visualize your goals, inspirations and intentions for the day.

Date

Pick a *topic*...

Family

Career

Mental Health

This topic makes me feel...

Friends

Money

Physical Health

Love

Fun



I'm *proud* that I...

I'm *worried* that...

I still want to *achieve*...

Goal...

Action...

I will *remind* myself that...

